

Butternut Squash Soup

1 butternut squash, about 2-3 pounds: peeled, seeded and cut into one inch cubes

1 large sweet onion, chopped

2 ounces unsalted butter

1 ounce duck fat (or replace with equivalent butter)

1 teaspoon minced fresh thyme

1 quart Chicken Stock (and make it yourself. It's easy, and much, much better)

½ & ½ to taste.

Salt to taste (but be careful).

Sauté the onion in the butter and duck fat over medium-low heat until it softens and just begins to caramelize.

Add the thyme and sauté for another minute. Then, toss in all of the squash and mix it around to coat with the butter and onions.

Keep cooking for 10 or 15 minutes, continuing to caramelize the onions and starting to soften and caramelize the squash.

Pour in the chicken stock (I told you to use fresh, so don't wimp out on me) and reduce the heat to a simmer, cover and cook for 45 minutes, until the squash is perfectly soft.

Purée thoroughly with a hand blender, or make a huge mess in your kitchen by using an upright blender and spraying soup all over the ceiling.

Taste, and add a bit of salt if needed. If the soup doesn't seem rich enough, a bit of ½ & ½ is perfect to smooth it out and add some thickness.

Serve hot with a toasted goat cheese crostini floated in the middle of the bowl, and a drizzle of good olive oil.